

ACTIVE KNEE FLEXION

Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: 3-5 x day

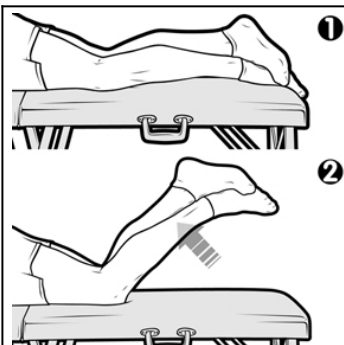


ACTIVE-ASSISTED KNEE EXTENSION

Sit on a table with your knees over the edge and bent to 90°. Cross your ankles with your uninjured leg behind your injured leg (1). Straighten your injured leg as far as you can, using your uninjured leg to assist the movement (2), then lower your injured leg without assistance (3). Repeat.

SETS & REPS: 3 x 10-15

FREQUENCY: Daily



PRONE PASSIVE KNEE FLEXION STRETCH

Lying face-down, cross your affected ankle over your unaffected ankle (1). Bend your affected knee as far as you can and gently add overpressure with your unaffected leg (2) until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day

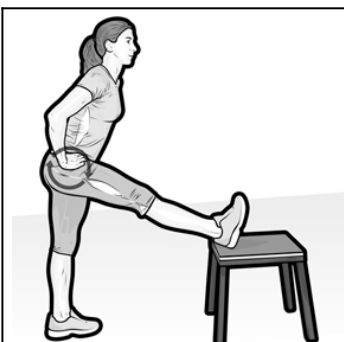


GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



HAMSTRING STRETCH

Place your heel on a knee-height table/chair with your knee straight and tilt your pelvis forwards. While keeping your back straight, lean forward until you feel a stretch in your hamstring. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



STATIONARY BIKE

Use a stationary bike for 20-30 minutes each day.

SETS & REPS: 20-30mins

FREQUENCY: Daily

1



SUPINE BRIDGE

Lie on your back with your arms by your side, knees bent and feet flat on the floor (1). Contract your lower abdominals as you raise your hips up until your body and legs are in-line. Squeeze your gluteals and hold for 5 seconds (2). Slowly lower your hips and repeat.

2



SETS & REPS: 3 x 8-10

FREQUENCY: Daily

1



ISOMETRIC SUPINE BRIDGE

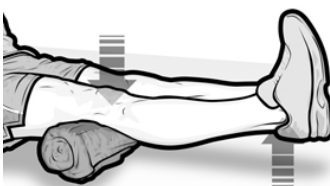
Lie on your back with knees slightly bent. Push down into your heels and lift your hips up until your bottom is 4 inches off the ground. Hold this position for 45 seconds then relax. This exercise should be pain-free, if not, stop the exercise as soon as you feel pain.

2



SETS & REPS: 3 reps

FREQUENCY: 3 x day



INNER RANGE LEG EXTENSION

With your leg slightly bent over a rolled-up towel, lift your heel up and straighten your knee. Hold the contraction for 5 seconds. Relax and repeat.

SETS & REPS: 3 x 8-10

FREQUENCY: 1-2 x day

1



2



BARBELL HALF-SQUAT

With the barbell on your shoulders and feet a shoulder-width apart (1), slowly squat down until your knees reach a 90° angle (2). Ensure your knees stay in-line with your 2nd toes and that your back remains in a neutral position. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3-4 x week

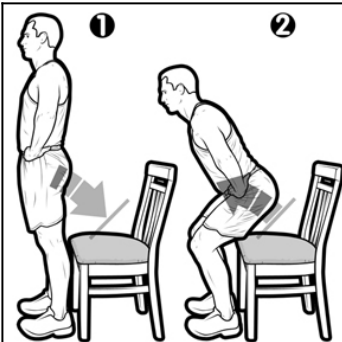


SPLIT SQUAT

In standing, place one foot far out in front of the other, keeping your back straight, most of your body weight should be on the front foot and your knee aligned with the 2nd toe (1). Slowly squat down by lowering the back knee towards the floor. Maintain front knee alignment without letting it project forwards (2). Return to upright and repeat.

SETS & REPS: 3 x 10

FREQUENCY: 4-5 x week

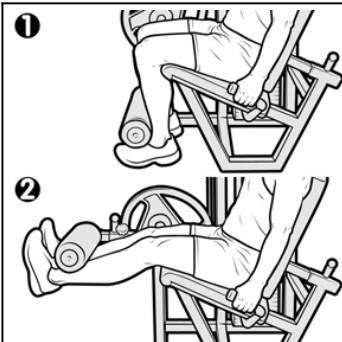


CHAIR ASSISTED SQUATS

Stand in front of a chair with your feet hip-width apart. Squat down as if to sit down on the chair but before you touch the seat, stand up again. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3-4 x week

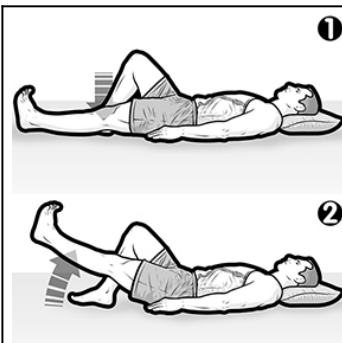


LEG EXTENSIONS

Sitting on the leg extension machine with your knees flexed (1), straighten your knees as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3-4 x week

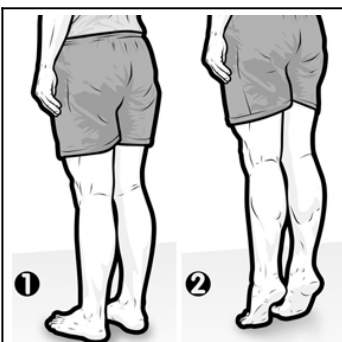


STRAIGHT-LEG RAISE

Lie on your back with one leg bent and the other straight. Contract the thigh muscles of your straight leg by pressing the back of your knee down towards the floor (1). Contract your abdominals and keep your pelvis level as you raise your leg until your ankle is in line with your bent knee (2). Pause briefly then slowly lower your leg down again. Relax then repeat.

SETS & REPS: 5-10 reps

FREQUENCY: 2 x day



DOUBLE-LEG CALF RAISE

Standing, slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: Daily



SINGLE-LEG BALANCE

Balance on one leg. As you improve, try closing your eyes.

SETS & REPS: 3 x failure

FREQUENCY: 1-2 x day